



**Borough of Kunis**  
***Equipment Piece***

### Rowing Machine

### Exercise

Continuous Running (Warm-up)  
Bi-lateral Leg Presses  
Seated Lat Pull down  
Starting from top, leaning back crunches  
1) Hanging Back/Ab Stretch  
2) Squat Jump to Pull Up  
Seated Chest Press  
Same crunches, with alternating twist at top  
Hanging Pull Ups  
(If needed, Assisted by partner, or Jump and lower slowly if alone)  
1) Horizontal Pull Ups  
(Bent knee easier, straight leg harder)  
2) Dips  
(If needed, Assisted by partner, or Jump and lower slowly if alone)  
Hanging Bent knee Abdominal Leg lifts  
Continuous Running

**Muscles Activated**

Full Body

**Level 1**

5-10 minutes(slow-moderate pace)  
1-2 sets of 10-12 reps  
1-2 sets of 10-12 reps  
1-2 sets of 10-15 reps  
30-60 seconds  
1-2 sets of 10-12 reps  
1-2 sets of 10-12 reps  
1-2 sets of 10-15 reps  
1-2 sets of 10-12 reps  
  
1-2 sets of 10-12 reps  
  
1-2 sets of 10-12 reps  
  
1-2 sets of 10-15 reps  
5-10 minutes(slow-moderate pace)  
(adding 15-30 second sprints every other minute)  
5 to 10 minutes (slow to moderate pace)

## Level 2

5-10 minutes(moderate pace)  
2-3 sets of 12-15 reps  
2-3 sets of 12-15 reps  
1-2 sets of 15-20 reps  
30-60 seconds  
2-3 sets of 12-15 reps  
2-3 sets of 12-15 reps  
1-2 sets of 15-20 reps  
2-3 sets of 12-15 reps  
  
2-3 sets of 12-15 reps  
  
2-3 sets of 12-15 reps  
  
1-2 sets of 15-20 reps  
10-15 minutes(moderate-fast pace)  
(adding 30-60 second sprints every other minute)  
5 to 10 minutes (moderate pace)



**Borough of Rumson - Program 2 (Strength)-(All reps are done slow and controlled, 2 counts out, 4 counts back)**

<b><u>Equipment Piece</u></b>	<b><u>Exercise</u></b>	<b><u>Muscles Activated</u></b>	<b><u>Level 1</u></b>	<b><u>Level 2</u></b>
Elliptical Cross Trainer	Continuous Running (Warm-up)	Full Body	5-10 minutes(slow-moderate pace)	5-10 minutes(moderate pace)
Double Leg Press	1) Bi-lateral Leg Presses	Quadriceps, Gluteals, Hamstrings	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
	2) Uni-lateral Leg Press		1 set of 10-12 reps each leg	1-2 sets of 12-15 reps each leg
Double Seated Lat Pull	1) Seated Lat Pull down	Back, Biceps, Core	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
	2) Same Lat Pull with double pump		1 set of 10-12 reps	1-2 sets of 12-15 reps
	pull down before release up			
Sit-Up Board	Starting from top, leaning back crunches	Core	1-2 sets of 10-15 reps	1-2 sets of 15-20 reps
Uneven Bars	1) Hanging Back/Ab Stretch	Stretching of back, core, shoulders, and arms	30-60 seconds	30-60 seconds
	2) Push Up to Squat Jump to Pull Up(Berpie)	Full Body	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
Double Seated Chest Press	1) Seated Chest Press	Chest, Triceps	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
	2) Same Chest Press with double pump		1 set of 10-12 reps	1-2 sets of 12-15 reps
	push out before release back			
Double Sit-Up Board	Full Sit-Up with alternating twist at top	Core(adding obliques)	1-2 sets of 10-15 reps	1-2 sets of 15-20 reps
Pull Up Station	Hanging Pull Ups (Assisted if needed)	Back, Biceps, Core	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
Parallel Bars	1) Single Leg Squats holding on to bar	Quadriceps, Gluteals, Hamstrings	1-2 sets of 10-12 reps each leg	2-3 sets of 12-15 reps each leg
	2) Plyo Horizontal Pull Ups	Mid back, Biceps, Core	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
	(Pull up with power, release bar, catch bar lower slowly)			
Uneven Bars	3) Dips (Assisted if needed)	Triceps, Chest, Shoulders, Core	1-2 sets of 10-12 reps	2-3 sets of 12-15 reps
Elliptical Cross Trainer	Hanging Straightened leg Abdominal Leg lifts	Lower Core	1-2 sets of 10-15 reps	1-2 sets of 15-20 reps
	Continuous Running	Full Body	5-10 minutes(moderate-fast pace)	10-15 minutes(moderate-fast pace)
			(adding 15-30 second sprints every other minute)	(adding 30-60 second sprints every other minute)
Rowing Machine	Continuous Rowing (Warm-up)	Full Body	5 to 10 minutes (slow to moderate pace)	5 to 10 minutes (moderate pace)



**Borough of Rumson - Program 3 (Endurance)-(All Reps are done faster, 1-2 counts out, 1-2 counts back)**

<b><u>Equipment Piece</u></b>	<b><u>Exercise</u></b>	<b><u>Muscles Activated</u></b>	<b><u>Level 1</u></b>	<b><u>Level 2</u></b>
Elliptical Cross Trainer	Continuous Running (Warm-up)	Full Body	5-10 minutes(slow-moderate pace)	5-10 minutes(moderate pace)
Double Leg Press	1) Uni-lateral Leg Press	Quadriceps, Gluteals, Hamstrings	1-2 sets of 12-15 reps each (alternating sets)	2-3 sets of 15-20 reps each (alternating sets)
Double Seated Lat Pull	2) Bi-lateral Leg Press		1-2 sets of 12-15 reps	2-3 sets of 15-20 reps
	Seated Lat Pull down	Back, Biceps, Core	(after each set add 10-12 quick pumps on bottom before release)	(after each set add 12-15 quick pumps on bottom before release)
Sit-Up Board			1-2 sets of 12-20 reps	1-2 sets of 15-25 reps
Uneven Bars	Full Sit-Up with alternating twist at top (finishing with 10 crunches at top)	Core(adding obliques)		
	1) Hanging Back/Ab Stretch	Stretching of back, core, shoulders, and arms	30-60 seconds	30-60 seconds
	2) Push Up to Squat Jump to Pull Up with Leg Lift	Full Body	1-2 sets of 12-15 reps	2-3 sets of 15-20 reps
Double Seated Chest Press	Seated Chest Press	Chest, Triceps	1-2 sets of 12-15 reps (after each set add 10-12 quick pumps at top before release back)	2-3 sets of 15-20 reps (after each set add 12-15 quick pumps at top before release back)
Pull Up Station	Hanging Pull Ups (Assisted if needed)	Back, Biceps, Core	1-2 sets of 12-15 reps (add 5-10 second hold at top at end of each set)	2-3 sets of 15-20 reps (add 10-15 second hold at top at end of each set)
Parallel Bars	1) Lunge Hops holding on to bar	Quadriceps, Gluteals, Hamstrings, Calves	1-2 sets of 12-15 reps	2-3 sets of 15-20 reps
	2) Plyo Horizontal Pull Ups	Mid back, Biceps, Core	1-2 sets of 12-15 reps (add 5-10 second hold at top at end of each set)	2-3 sets of 15-20 reps (add 10-15 second hold at top at end of each set)
	3) Dips (Assisted if needed)	Triceps, Chest, Shoulders, Core	1-2 sets of 12-15 reps (add 5-10 second hold at bottom at end of each set)	2-3 sets of 15-20 reps (add 10-15 second hold at bottom at end of each set)
Uneven Bars	Hanging Sideways Abdominal Leg lifts	Lower Core(adding obliques)	1-2 sets of 12-20 reps each side	1-2 sets of 15-25 reps each side
Elliptical Cross Trainer	Continuous Running	Full Body	5-10 minutes(moderate-fast pace)	10-15 minutes(moderate-fast pace)
Rowing Machine	Continuous Rowing (Warm-up)	Full Body	(adding 15-30 second sprints with 30 second rest) 5 to 10 minutes (slow to moderate pace)	(adding 30-60 second sprints with 30 second rest) 5 to 10 minutes (moderate pace)